

# Town of Sudbury PARK & RECREATION ATKINSON POOL



## SUMMER 2006 PROGRAMS & ACTIVITIES

40 Fairbank Road, Sudbury, MA 01776  
(978) 443-1092 Fax (978) 443-1051  
[www.sudbury.ma.us/services/recreation](http://www.sudbury.ma.us/services/recreation)

# Sudbury Park and Recreation

## 2006 SUMMER CONCERT SERIES

Sudbury Park and Recreation is pleased to be offering our 2nd annual Summer Concert Series this summer. All of these community events will be held on Monday nights beginning at 7:00pm. All concerts will be held at Haskell Field and are FREE, so the entire family is welcome to come.

### July 10th - Middlesex Concert Band (Rain date: July 11th)

Traditional and contemporary wind ensemble music, marches, big band sounds, folk tunes, and music from Broadway

### July 17th - Beantown (Rain date: July 18th)

Upbeat Variety Band with Classic Rock, R & B, Motown, and Swing tunes from the 60s, 70s, 80s, 90s, and Today

### July 24th - Squirrel Hill Olde Tyme Band

Stroll down memory lane by listening to familiar styles of music including Traditional Dixieland Jazz

### July 31st - Girl Authority (Rain date: August 1st)

Pop-singing group made up of nine local girls between the ages of 8-13 performing popular "girl-power" hits from yesterday and today (opening for Girl Authority will be special guests from SAMM Entertainment, Sudbury's premier family theater group. *The Broadway Babies* are a group of 20 performers in Grades 1-4 who will be singing and dancing to popular Broadway selections)

### August 7th - Family Fun Night (Rain Date: August 8th)

A night for the whole family to enjoy! Activities will include several fun carnival games, a moonwalk, face painting, & watching a movie on the big screen after sunset

### August 14th - The Reminisants (Rain Date: August 15th)

Boston's Best Oldies and Request Band—Great Music from the 50s and 60s

A Special Thank You to all of our sponsors for making this concert series possible!!



**Banknorth**

**Sovereign Bank**



# GENERAL INFORMATION

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## GREETINGS FROM THE DIRECTOR

It's Summer time and we are happy to offer a variety of programs of different interests for people of all ages. The department is pleased to offer some great new activities, our 2006 Summer Concert Series as well as new pool programs, plus bring back lots of old favorites. Please try our online registration process, it is seamless & in real time 100% of spaces are available.

Thank you for your continued support and we look forward to serving you in the future. Be sure to visit the Atkinson Pool for a summer dip and stop by the 2006 Summer Concert Series Monday nights at Haskell Field.

Leisurely yours,

Dennis Mannone Jr.  
Recreation Director



## PARK & RECREATION STAFF 978-443-1092:

Dennis Mannone, Recreation Director	ext. 259
Peter Coleman, Program Coordinator	ext. 256
Patricia Haberstroh, Office Coordinator	ext. 258
Barbara Donovan, Pre-School Coordinator	ext. 231
Jessica Bendel, Youth Coordinator	ext. 227
Lisa Barnes, Teen Center Coordinator	ext. 257
Tim Goulding, Aquatic Director	ext. 261
Chery Finley, Aquatic Supervisor	ext. 264
Katie DuPont, Aquatic Supervisor	ext. 255

## OTHER HELPFUL NUMBERS:

Fairbank Senior Center	978-443-3055
Parks & Grounds Department	978-443-3213
Park & Recreation Fax #	978-443-1051
Park & Recreation Website	<a href="http://www.sudbury.ma.us/services/recreation">www.sudbury.ma.us/services/recreation</a>

## PARK & RECREATION COMMISSION

Paul Griffin (Chair)  
Greg Bochicchio  
Jack Braim  
Greg Hunt  
Alan Jefts



## FREQUENTLY ASKED SPORT CONTACTS AND PHONE NUMBERS:

(Not affiliated with the Park and Recreation Department, please contact directly.)

<b>SPORT</b>	<b>CONTACT</b>	<b>NUMBER</b>	<b>WEBSITE</b>
Baseball & T-Ball	Katie Howd	978-443-5573	<a href="http://www.sudburybaseball.com">www.sudburybaseball.com</a>
Sudbury Youth Basketball-Girls	Margaret Chunias	978-443-3467	<a href="http://www.sudburybasketball.com">www.sudburybasketball.com</a>
Sudbury Youth Basketball-Boys	Pat Rosseel	978-443-8172	<a href="http://www.sudburybasketball.com">www.sudburybasketball.com</a>
Football-Pop Warner	Steve Pace	978-443-7401	<a href="http://www.sudburypopwarner.com">www.sudburypopwarner.com</a>
Cheerleading	Steve Pace	978-443-7401	<a href="http://www.sudburypopwarner.com">www.sudburypopwarner.com</a>
Youth Hockey	Alan Jefts	978-440-9534	<a href="http://www.smshockey.com">www.smshockey.com</a>
Lacrosse-Boys	Adam Zais	978-443-0827	<a href="http://www.sudburylacrosse.com">www.sudburylacrosse.com</a>
Lacrosse-Girls	Paul Griffin	978-443-7541	<a href="http://www.sudburylacrosse.com">www.sudburylacrosse.com</a>
Youth Soccer	Sandy Moore	978-443-1321	<a href="http://www.sudburysoccer.org">www.sudburysoccer.org</a>
Adult Soccer	Peter Buxton	978-443-2818	<a href="http://www.othsl.org">www.othsl.org</a>
Softball-Girls	Cathy Dill	978-443-7849	<a href="http://www.sudburysoftball.org">www.sudburysoftball.org</a>
Softball-Women	Jean Lind	978-443-9130	
Softball-Men	Carlo Lepordo	978-443-9573	<a href="http://www.sudburymenssoftball.org">www.sudburymenssoftball.org</a>
Softball-Seniors	Don Sackman	978-443-7451	
Softball-Seniors (Marlboro)	Ferdinand Scerra Jr.	508-317-6339	
Swim Team-Sudbury Youth	Dori & Kirk Hutchinson	978-443-4817	<a href="http://www.sudburyswimteam.org">www.sudburyswimteam.org</a>
Sudbury Youth Wrestling	Joel Mode	978-440-9923	<a href="http://www.eteamz.com/sudburywrestling">www.eteamz.com/sudburywrestling</a>

# GENERAL INFORMATION

## REGISTRATION BEGINS at 9:00AM:

Registration for RECREATION Programs: Tuesday, June 13th

Registration for POOL Programs: Tuesday, June 20th

**100% of ALL SPACES** for all recreation programs will be made available online on June 13th and for all pool programs on June 20th. You can register online at our website ([www.sudbury.ma.us/services/recreation](http://www.sudbury.ma.us/services/recreation)) or in person at the Atkinson Pool/Fairbank Community Center. If you register online, a small processing fee of \$2.00 will be added to the cost of each program.

**Online Registration is the PREFERRED METHOD and STRONGLY RECOMMENDED** if you want to save time and increase the probability that your children will get into their desired program!!

You are welcome to register any time after this initial registration period as long as there is still space available in the program, everything is on a **first-come, first-served basis**.



### NEW BROCHURE FORMAT

An expanded copy of our brochure with full program descriptions is available on our website:

[www.sudbury.ma.us/services/recreation](http://www.sudbury.ma.us/services/recreation)

### PAYMENT

We accept cash, credit card (Visa or MasterCard), or check. Please use **separate checks** for pool and recreation programs.

Please make checks payable to:

**ATKINSON POOL** for Pool Programs

**TOWN OF SUDBURY** for Recreation Programs

### PROXY REGISTRATIONS, PROGRAM CONFIRMATION & DISCLAIMER

A person may submit another's registration form, provided the form is properly completed and signed. Limit is **ONE PER PERSON**. If you register for a program online, you will receive an email confirmation. The Rec. Department reserves the right to correct mistakes made in this brochure at the time of print and cancel any program due to low enrollment or poor weather.

### WAYS TO REGISTER

**Online Registration:** [www.sudbury.ma.us/services/recreation](http://www.sudbury.ma.us/services/recreation).

**Walk-in Registration** as long as space is available.

**Mail-in Registrations** are processed **after** walk-ins.

Payment **MUST** be received at time of registration.

We accept **Cash, Check, and Credit Card**- Visa or MasterCard.

### REFUNDS AND WITHDRAWALS

You may withdraw from a program up to 7 business days prior to the start date (\*excluding **all** American Red Cross programs\*). A **withdrawal fee of \$5** will be applied. After that time, **no refunds** will be issued unless your spot can be promptly filled. **Refunds are easier to process if you pay by credit card!!** If you pay by check, to receive a refund, you must submit a refund form and a copy of the cancelled check at the FCC.

### FINANCIAL AID

Aid is available **for Sudbury residents** based on financial need. A minimal payment of \$25 is required at the time of registration. Stop by our office for more info.

**REGISTER FOR ALL PROGRAMS AT OUR FRONT  
DESK LOCATED AT THE ENTRANCE TO THE  
ATKINSON POOL**

# YOUTH PROGRAMS

## KINDERGARTEN WORKSHOPS

Kindergarten Workshops will start up again in the Fall 2006. Sign up for all your kindergarten adventures when our fall brochure comes out around late August. Thanks for a great season!

## PRESCHOOL PROGRAMS

Terrific Twos and Kreative Kids will start up again in the Fall 2006, with a new **Terrific Twos** class on **FRIDAYS!!** Registration for these programs will take place in the fall, NOT in the summer.



## SUMMER PROGRAMS AND CLINICS

There are still openings in these summer programs:



* <u>PLAY SOCCER-</u>	Jul. 24-28, Aug. 7-11, Aug. 21-25	<u>MLS SOCCER CAMPS-</u>	Jul. 17-21, Jul. 31-Aug. 4, Aug. 14-18
<u>ALL-SPORTS CLINIC-</u>	Jun. 27-30, Jul. 10-13, Jul. 17-20, Jul. 31-Aug. 3	<u>CABARET-</u>	Jun. 26-30
<u>MULTI-SPORTS CAMP-</u>	Jul. 24-28, Aug. 7-11	<u>CHALLENGER SOCCER-</u>	Aug. 7-11
<u>NEW ENGLAND REVOLUTION ACADEMY-</u>	Aug. 14-18	<u>ARCHERY LESSONS-</u>	Jun. 27-30, Jul. 24-28, Aug. 21-25
<u>GOLF CLINIC-</u>	Aug. 14-18, Aug. 28-Sept. 1	<u>SKYHAWKS ROLLER HOCKEY-</u>	Jul. 10-14
<u>SKYHAWKS BASEBALL-</u>	Jun. 27-30, Jul. 24-28, Aug. 7-11	<u>SKYHAWKS GIRLS LACROSSE-</u>	Jul. 10-14
<u>SKYHAWKS BASKETBALL-</u>	Jul. 10-14, Jul. 31-Aug. 4, Aug. 14-18	<u>SKYHAWKS BOYS LACROSSE-</u>	Jul. 31-Aug. 4
<u>SKYHAWKS SNAG BEGINNER GOLF-</u>	Jul. 10-14, Aug. 7-11	<u>SKYHAWKS CHEERLEADING-</u>	Aug. 14-18
<u>SKYHAWKS FLAG FOOTBALL-</u>	Aug. 14-18	<u>HAMMEL TENNIS CAMP-</u>	Jul. 10-13, Aug. 14-17, Aug. 21-24
<u>SKYHAWKS VOLLEYBALL-</u>	Aug. 14-18	<u>SCIENCE ADVENTURES-</u>	Jun. 27-30, Aug. 14-18
<u>PRE-SCHOOL &amp; K SOCCER-</u>	Jun. 27-30, Aug. 28-Sept. 1	<u>BEAUTIFUL HEALTHY YOU-</u>	Aug. 14-17
<u>K &amp; 1st GRADE BASEBALL-</u>	Jun. 27-30, Aug. 28-Sept. 1	<u>SKYHAWKS MINIHAWKS &amp; SKYHAWKS TENNIS-</u>	All Summer

You can register for any of these programs in person at the Fairbank Community Center or online at [www.sudbury.ma.us/services/recreation](http://www.sudbury.ma.us/services/recreation).

## DODGEBALL

Students will learn proper throwing techniques, and how to develop strategies to become the ultimate dodgeball player! Different dodgeball games will be learned while playing with soft, spongy balls. Safety issues will be enforced before each class. Participants should bring a water bottle and children with glasses should bring a pair of safety glasses or goggles.

**WHO:** Entering Grades 2-8  
**DAYS:** Monday-Friday  
**SESSION I:** 10:00 AM-12:00 PM (Grades 2-4)  
**SESSION II:** 12:30-2:30 PM (Grades 5-8)  
**DATES:** Aug. 21-25  
**DURATION:** 1-Week  
**WHERE:** FCC—Gym  
**COST:** \$90 per child



Instructed by F.A.S.T. Athletics



## FAIRYTALE BALLET

This interactive dance-based movement program is especially for young children and is designed to introduce them to ballet basic fundamentals while engaging their imagination in play-along activities set to music. Ballet slippers are encouraged for a safe, slip-free experience. Caregivers **must** remain in the building.

**WHO:** Ages 3.5-7  
**DAY:** Mondays  
**TIME:** 4:15-5:00 PM  
**DATES:** Jun. 26-Jul. 31 (no class 7/3)  
**DURATION:** 5-Weeks  
**WHERE:** FCC—Gym  
**COST:** \$66 per child

Instructed by Lisa von Lichtenberg



# YOUTH PROGRAMS

## CHESS CAMP

Classes will involve learning about chess strategy and tactics, solving chess puzzles, and playing matches. All students will see examples from other scholastic players' games as well as classical games that illustrate important elements of chess strategy. At the end of each session there will be a **tournament** for all camp participants. At several different times during the camp, participants will join together for a special lecture, given by one of the instructors, on a particular theme such as the life and games of a famous chess player.

**WHO:** Entering Grades K-8  
**DAYS:** Monday-Friday  
**TIME:** 9:00 AM-1:00 PM  
**SESSION I:** Aug. 21-25  
**SESSION II:** Aug. 28-Sept. 1  
**DURATION:** 1-Week  
**WHERE:** Eliot Montessori School, South Natick  
**COST:** \$187 per child/session



*Instructed by George Missirian, Joe Perl, and Igor Foygel*

## FAMILY ROCK CLIMBING

Spend some time with your family enjoying the exciting sport of rock climbing. Our qualified instructors will guide your family through the basics of indoor rock climbing techniques, safety, and equipment. Your family will work together practicing your skills, encouraging, offering support and cheering your accomplishments.

**WHO:** Ages 6 and up (with a parent)  
**DAY:** Saturdays  
**TIME:** 8:00-10:00 AM  
**DATES:** Jun. 24-Jul. 1  
**DURATION:** 2-Weeks  
**WHERE:** Gravity Rock Gym, Stow  
**COST:** \$90 per child/adult pair



*Instructed by Still River Outfitters*

## HORSEBACK RIDING

Learn the proper grooming, equipment, mounting, and beginner riding skills. Wear long pants and shoes with heels, no sandals! Helmets will be supplied. Lessons will take place regardless of weather since it is an indoor facility.

**WHO:** Ages 6-15  
**DAY:** Sundays  
**TIME:** 2:00-3:00 PM  
**SESSION I:** Jul. 9-30  
**SESSION II:** Aug. 6-27  
**DURATION:** 4-Classes per session  
**WHERE:** Century Mill Stables, Bolton  
**COST:** \$180 per child/session



*Instructed by Century Mill Stables Staff*



## YOUTH DIGITAL PHOTO WORKSHOP

This workshop will foster your know how and skills in taking photos that wow consistently. First, you learn and practice how to get as near perfect compositions and exposures in the camera, itself; then, you learn basic editing techniques to correct those inevitable flaws. And, finally, this workshop will show you how to make quality prints easily and inexpensively online. All this while having loads of fun taking all kinds of pictures in and out of class.

**WHO:** Ages 9-14  
**DAYS:** Monday-Thursday  
**TIME:** 4:00-5:45 PM  
**DATES:** Jun. 26-29  
**DURATION:** 1-Week  
**WHERE:** FCC—Room 1  
**COST:** \$93 per child

*Instructed by Stan Klein, professional photographer and skilled instructor*

## LEXINGTON LEARNING CENTER INC.

1 Union Avenue, Sudbury, MA 01776  
 (978) 440-7557

- \* Open All Summer
- \* Academic Remediation & Enrichment
- \* All Ages and Subjects
- \* Test Preparation

For more information, visit our website at  
[www.lexingtonlearningctr.com](http://www.lexingtonlearningctr.com)

# YOUTH PROGRAMS

## CAMP ICE

The coolest place to spend your summer vacation is Navin Arena in Marlboro! Wide range of daily activities including arts & crafts, sports, games, special guests, professional skate instruction, open skating, and much more!

**WHO:** Ages 6-12  
**DAYS:** Monday-Friday  
**TIME:** 8:30 AM-4:30 PM  
**DATES:** Jul. 10-14, Jul. 17-21, Jul. 24-28, Jul. 31-Aug. 4, Aug. 7-11, Aug. 14-18, Aug. 21-25, and Aug. 28-Sept. 1  
**DURATION:** 1-Week  
**WHERE:** Navin Arena, Marlboro  
**COST:** \$175 per child/session



*Instructed by Navin Arena Skate Pros*

## TINY BLADES

Excellent introduction to ice skating for youngsters who want to learn the basic skills. The skater to instructor ratio is 10:1. The lesson is 25 minutes.

Rental skates will be available on a first-come, first-serve basis. **Helmets are recommended.**

**WHO:** Ages 2.5-6 **DURATION:** 6-Weeks  
**WHERE:** Navin Arena, Marlboro  
**COST:** \$69 per child

### WEEKDAYS

**TIMES:** 1:00 PM (Mon.), 9:30 AM (Tues. or Wed.), 2:00 PM (Thurs.), and 3:40 PM (Wed.)

**DATES:** Jul. 17-Aug. 24

### SATURDAYS

**TIMES:** 10:00 AM or 11:00 AM

**DATES:** Jul. 15-Aug. 19



*Instructed by Navin Arena Skate Pros*



## LEARN TO SKATE

Excellent introduction to ice skating for children who want to learn the basic skills. The skater to instructor ratio is 10:1. The lesson is 25 minutes long. Optional 25-minute free skating immediately following the lesson. Rental skates will be available on a first-come, first-serve basis. **Helmets are recommended.**

**WHO:** Ages 4-12  
**DURATION:** 6-Weeks  
**WHERE:** Navin Arena, Marlboro  
**COST:** \$79 per child

### WEDNESDAYS AT 3:50 PM

**DATES:** Jul. 19-Aug. 23

### SATURDAYS

**TIMES:** 10:00 AM or 11:00 AM

**DATES:** Jul. 15-Aug. 19

*Instructed by Navin Arena Skate Pros*

## SUMMER ART PROGRAM



**WHO:** Ages 5-12 **DAYS:** Monday-Thursday  
**TIMES:** 9:00 AM-12:00 PM **or** 1:00-4:00 PM  
**DATES:** Jun. 26-29, Jul. 3-6 (no class 7/4), Jul. 10-13, Jul. 17-20, Jul. 24-27, Jul. 31-Aug. 3, Aug. 7-10, & Aug. 14-17  
**DURATION:** 1-Week  
**WHERE:** Artspace, 63 Summer St. in Maynard  
**COST:** \$160 per child/session (\$120 week of July 4th)

*Instructed by Michelle Garro*

## JULY ART CLASSES

**WHO:** Ages 5-12 **DAY:** Tuesdays  
**TIME:** 4:00-5:15 PM **DURATION:** 1-Class  
**DATES:** Jul. 11, Jul. 18, & Jul. 25  
**WHERE:** Artspace, 63 Summer St. in Maynard  
**COST:** \$20 per child/class



*Instructed by Michelle Garro*

## SPORTS MATCHING & READINESS TOOL (SMART TESTING)

Get SMART about sports and use this sports matching and training tool to help your child be their best this season! After 2 hours of fun participating in physical fitness, sports skills, and cognitive tests, kids receive their very own personalized SMART results website. Interactive features allow kids to match their skills to a wide variety of sports and also explore tons of information including drills, sports lingo, and fun facts. Parents also receive a customized SMART results website which includes a detailed analysis of their child's test scores.

**WHO:** Ages 8-12 **DATES:** Saturday, August 12th and Sunday, August 13th  
**TIMES:** 9:00-11:00 AM, 11:00 AM-1:00 PM, 2:00-4:00 PM, and 4:00-6:00 PM  
**DURATION:** 2-Hour Test **WHERE:** Fairbank Community Center  
**COST:** \$135 per child





# YOUTH PROGRAMS

## GET ON THE BUS TRIPS



For children entering **Grades 6-8** in the Fall of 2006

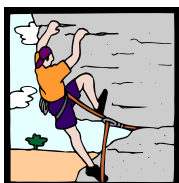
PROGRAM	DATE + TIME	COST
Water Country	Tuesday, July 18 8:00AM-5:00PM	\$60
Pawtucket Red Sox Game 	Thursday, July 20 10:00AM-4:00PM	\$30
6 Flags 	Tuesday, July 25 8:00AM-7:00PM	\$60
TOMB and Faneuil Hall	Thursday, July 27 10:00AM-4:00PM	\$30

### HURRY AND SIGN UP BEFORE THE TRIPS ARE FULL!

Registration is on a first come, first served basis. Scholarships are available.  
Contact Jessica Bendel at (978) 443-1092 x 227 or bendelj@town.sudbury.ma.us

### LOCAL SUMMER ADVENTURE

This local adventure will take kids on day trips in and around the area. Participants will receive a more detailed list of daily events and clothing requirements one week before the beginning of the program.



**WHO:** Ages 10-14  
**DATES:** Monday, August 21-Friday, August 25  
**TIME:** 9:00 AM-5:00 PM  
**WHERE:** Van Departs from Sudbury Town Hall  
**COST:** \$390 per person

DAY	ACTIVITY
Monday	Ice-Breakers, Trust Games, and Low/High Ropes Course Activities
Tuesday	Water Country
Wednesday	Day Hike at Mt. Monadnock
Thursday	Canoe Trip on the Nashua River
Friday	Rock Climbing at Crow Hill in Leominster, MA

*Instructed by Backyard Journeys*

\*\*\*Please note that the itinerary might change due to weather, attendance or other factors inhibiting participation in the activity.\*\*\*



# YOUTH PROGRAMS

## TEEN ADVENTURE WEEK

This adventure will take teens on several day trips in Massachusetts as well as camping for two nights (Wednesday and Thursday). Participants will receive a more detailed list of daily events and clothing requirements one week before the beginning of the program.



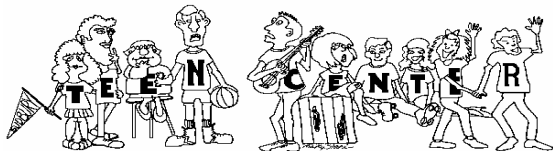
**WHO:** Ages 15-18  
**DATES:** Monday, August 14-Friday, August 18  
**TIME:** 9:00 AM-5:00 PM  
**WHERE:** Van Departs from the Wayland Public Library  
**COST:** \$480 per person

DAY	ACTIVITY
Monday	Ice-Breakers, Trust Games, and Low/High Ropes Course Activities
Tuesday	Canoeing on the Nashua River
Wednesday	Backpacking and Camping at Little Rock Pond in Wallingford, VT (Overnight)
Thursday	Day Hike and Swimming at Little Rock (Overnight)
Friday	Pack up, Hike out, and Head Home

*Instructed by Backyard Journeys Staff*

\*\*\*Please note that the itinerary might change due to weather, attendance or other factors inhibiting participation in the activity.\*\*\*

## 7<sup>th</sup>-8<sup>th</sup> GRADE TEEN CENTER



The Teen Center is scheduled to begin in September. The final schedule will be issued during the summer and will be posted at the Atkinson Pool and the Curtis Middle School.

Photo ID cards are necessary for admittance to Teen Center, and will be issued at the front desk of Atkinson Pool this summer Monday-Thursday 3-7pm, Saturday 12- 5pm, and Sunday 12-3pm.

A reminder that the pool will be closed August 21st-September 4th. ID cards will not be issued during this time, but processing of IDs will resume during the hours listed above on September 5th.

Questions about Teen Center and Teen Center ID cards may be directed to Lisa Barnes, Teen Center Coordinator (978) 443-1092, ext 257.

# GIORGIO'S FITNESS PROGRAMS

## KIDKWONDO

**WHO:** Ages 3-6  
**DAYS:** Monday-Thursday  
**TIME:** 9:30-10:15 AM  
**DAY:** Saturdays  
**TIME:** 9:00-9:45 AM  
**COST:** \$100 per child



## TAEKWONDO

**COST:** \$100 per child  
**AGES 3-7**  
**DAYS:** Mon.—Thurs. **TIME:** 4:00-4:45 PM  
**DAY:** Saturdays **TIME:** 9:00-9:45 AM  
**AGES 8-11**  
**DAYS:** Mon.—Thurs. **TIME:** 4:45-5:30 PM  
**DAY:** Saturdays **TIME:** 10:00-10:45 AM

## SUMMER OF MUSIC

Giorgio's is offering a special deal on summer music lessons. Take 8 lessons in any of the following instruments: piano, electric, or acoustic guitar.

The cost for 8 lessons is \$160 for new students only. To make an appointment, call Giorgio's Music Connection at (978) 440-8531.

## CELTIC CAMP

### *"Discover the Lands of Ireland and Scotland"*

Learn step dancing, music, song, arts & crafts, games, movies, and more. All activities will be based on Irish and Scottish culture.

**WHO:** Ages 6-11  
**DAYS:** Tuesday-Friday  
**TIME:** 12:00-3:00 PM  
**SESSION I:** Jul. 11-14  
**SESSION II:** Aug. 15-18  
**COST:** \$160 per child/week

## HIP-HOP/FUNK

**DURATION:** 8-Classes  
**COST:** \$72 per person

### AGES 9-12

**DAY:** Thursdays  
**TIME:** 7:00-8:00 PM

### ADULTS

**DAY:** Thursdays  
**TIME:** 8:00-9:00 PM

## TAEROBIXX

**WHO:** Adults (12 and over)  
**DAYS:** Mon., Wed., & Thurs. **TIME:** 9:30-10:30 AM  
**DAYS:** Tues. & Fri. **TIME:** 8:30-9:30 AM  
**DAY:** Saturdays **TIME:** 9:00-10:00 AM  
**COST:** \$90 per person

## TOTAL BODY TRAINING

**WHO:** Adults (12 and Over)  
**DAY:** Mondays **TIME:** 8:30-9:30 AM  
**DAYS:** Tues. & Fri. **TIME:** 9:30-10:30 AM  
**DAY:** Thursdays **TIME:** 10:30-11:30 AM  
**COST:** \$90 per person

## FITNESS CENTER

The fully equipped fitness center offers multiple cardiovascular machines, a complete weight training area, and a staff to help familiarize yourself with the machines.



Unlimited Use from July 5-Aug. 31 for \$75!



## GENERAL INFORMATION

All programs begin the week of June 26th and are for NEW STUDENTS ONLY! Your registration will allow you to attend 10 classes of a particular program during the summer (**unless otherwise noted**).

Babysitting is available from **8:30am-12:00pm** (on Mondays, Tuesdays, Thursdays, and Fridays), **9:30am-12:00pm** (on Wednesdays), and **9:00am-12:00pm** (on Saturdays).

All classes will be held at Giorgio's Health and Fitness Connection, located in Chiswick Park, 31 Union Avenue in Sudbury.

# VELOCITY SPORTS PROGRAMS

## YOUTH SPORTS READINESS

Designed to help the preadolescent become more physically fit, promote an active and healthy lifestyle, and prepare them for future athletic events. These programs introduce essential muscular and movement patterns which are key to establishing a child's athletic foundation. These workouts are designed to be fun and promote self-esteem of the growing athlete. **You get to select which days and times to train!!**

**WHO:** Grades 3-5  
**DAYS:** Monday-Friday  
**TIMES:** 11:00 AM-12:00 PM and 3:30-4:30 PM  
**OPTION I:** 18 sessions, training 2 times per week  
**OPTION II:** 27 sessions, training 3 times per week  
**COST:** \$714 per child (**Option I**)  
\$914 per child (**Option II**)

## POWER AND STRENGTH TRAINING

Increase strength and power by learning or perfecting technique necessary for Olympic lifts and other explosive exercises. Train under the guidance of our degreed and certified Strength and Conditioning coaches.

**WHO:** High School and College Athletes  
**DAYS:** Tuesdays **and** Thursdays  
**TIME:** 5:00-6:00 PM  
**SESSION I:** Jun. 20-Jul. 13  
**SESSION II:** Jul. 18-Aug. 10  
**COST:** \$150 per person/session (**\$240 for both sessions**)

## ULTIMATE GOLF TRAINING

For two consecutive weeks, you will receive private, personal golf instruction from a PGA golf professional. You will utilize the most advanced video swing analysis to help build a fundamentally sound golf swing and receive private golf fitness training. Please contact Skip Guss at (508) 561-0111 or Velocity Sports for more information.

## SPARQ TESTING & TEAM TRAINING

Call Velocity Sports at (978) 443-5727 for more information on their team training and SPARQ testing programs.

## TOTAL ATHLETIC PERFORMANCE

The total athleticism programs are for the athlete who is looking to enhance his or her speed, power, agility, and overall conditioning. We develop and reinforce neuromuscular patterns to achieve greater overall athleticism. **You get to select which days and times to train!!**

**WHO:** Middle School, High School, & College Athletes  
**DAYS:** Monday-Friday  
**TIMES:** 9:00-10:30 AM, 10:30 AM-12:00 PM, 1:30-3:00 PM, and 3:00-4:30 PM  
**OPTION I:** 18 sessions, training 2 times per week  
**OPTION II:** 27 sessions, training 3 times per week  
**COST:** \$714 per child (**Option I**)  
\$914 per child (**Option II**)

## COMPLETE CONDITIONING

Designed to improve overall aerobic and anaerobic performance levels of an athlete. A focused 45-minutes session dedicated to improving stamina, energy system development, and cardiovascular health.

**WHO:** High School and College Athletes  
**DAYS:** Mondays **and** Wednesdays  
**TIME:** 5:00-5:45 PM  
**SESSION I:** Jun. 19-Jul. 12  
**SESSION II:** Jul. 17-Aug. 16  
**COST:** \$105 per person/session (**\$180 for both sessions**)

## ADULT FITNESS PROGRAM

Delivers fast paced, high energy workouts structured for total body conditioning. Small group activity based training emphasizes dynamic movement to improve full body strength, shape, function, and definition. **Unlimited Number of Visits!!**

**WHO:** Adults  
**DAYS:** Monday-Friday  
**TIMES:** 7:00-8:00 AM, 8:00-9:00 AM, 9:00-10:00 AM, 4:30-5:30 PM, and 5:30-6:30 PM  
**COST:** \$565 per adult

## GENERAL INFORMATION

The programs listed above are for the **SUMMER** session at Velocity Sports, which will begin June 19th and end on August 18th.

Velocity Sports Performance is a 25,000 square foot climate controlled training facility where people of all ages and skill levels maximize their athletic potential. With the help of our professionally certified coaches, you will experience the thrill of accelerated gains in speed, power, and agility. No matter what your sport, your performance will improve.

All programs will be held at Velocity Sports Performance, located in Chiswick Park on Union Avenue in Sudbury. For more information, please contact Velocity Sports Performance at (978) 443-5727.



# WARRIOR'S WAY PROGRAMS

## WARRIOR KIDS SUMMER PROGRAM

(FENCING, MARTIAL ARTS, WARRIOR DRUMMING, GAMES, ART, & MORE)

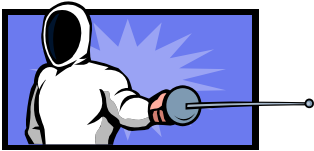
**WHO:** Ages 6-11  
**DAYS:** Monday-Friday  
**TIME:** 1:00-3:30 PM  
**DATES:** Jul. 10-14, Jul. 17-21, Jul. 24-28, Jul. 31-Aug. 4, Aug. 7-11, and Aug. 14-18  
**COST:** \$150 per child/session, \$75 per additional sibling

## YOUTH FENCING

**WHO:** Ages 8-13  
**DAY:** Tuesdays and Thursdays  
**TIME:** 5:00-5:45 PM  
**COST:** \$150 per child



## BEGINNER FENCING



**WHO:** Ages 13 and up  
**DAY:** Saturdays  
**TIME:** 11:45 AM-12:45 PM  
**COST:** \$150 per person

## LITTLE WARRIORS

**WHO:** Ages 3-7  
**DAYS:** Mon. Wed., & Fri. **TIME:** 10:30-11:30 AM  
**DAYS:** Tues. & Thurs. **TIME:** 4:00-4:45 PM  
**DAY:** Tuesdays **TIME:** 9:30-10:30 AM  
**DAY:** Saturdays **TIME:** 8:00-9:00 AM  
**COST:** \$150 per child

## PARENT/CHILD YOGA

**WHO:** Children and Adults  
**DAY:** Wednesdays  
**TIME:** 4:15-5:00 PM  
**COST:** \$150 per pair



## ADULT FENCING

**WHO:** Adults  
**DAYS:** Tuesdays and Thursdays  
**TIME:** 6:30-7:30 PM  
**COST:** \$150 per person

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8		Beginner Tai Chi 9-9:30	Beginner Tai Chi 6:15-7	Sunrise Yoga 6:15-7		Little Warriors 8-9	Core Cond. 8:30-9:30
9	Kickboxing 9:30-10:30	Kickboxing 9:30-10:30	Kickboxing 9:30-10:30	Kickboxing 9:30-10:30	Kickboxing 9:30-10:30	Kickboxing 9-10	Moving Muscle 9:30-10:30
	Circus Yoga 9:30-10:30	Little Warriors 9:30-10:30	Drumming 9:30-10:30	Little Warriors 9:30-10:30	Drumming 9:30-10:30	Fit Games for kids* 9-10	Parent Child Taekwondo 9:30-10:30
10	Box & Weights 10:30-11:30	Reformer 10:30-11:15	Yogalates 10:30-11:30	Reformer 10:30-11:15	Reformer 10:30-11:15	Youth Taekwondo 10-10:45	
						Box/Weights/Pilates 10-10:45	
	Little Warriors 10:30-11:30	Budokon 10:30-11:30 (Andy)	Little Warriors 10:30-11:30	Budokon 10:30-11:30 (Andy)	Little Warriors 10:30-11:30	Budokon 10:45-11:45	
						Reformer 10:45-11:30/11:30-12:15	
11	Reformer 11:45-12:30	Reformer 11:15-12	Reformer 11:30-12:15	Pilates 11:15-12:15	Yoga 11:15-12:15	Adult Taekwondo 10:45-12	Assisted Yoga Stretch 10:30-12
			Reformer 12:15-1			Beg. Fencing 11:45-12:45	
12	Budokon 12:15-1	Yoga 12:15-1	Budokon 12:15-1	Yoga 12:15-1	Reformer 12:15-1	Tournament Class 12:45-1:45	
4	Child Taekwondo Ages 4-7 4-4:45	Little Warriors 4-4:45	Child Taekwondo Ages 4-7 4-4:45	Little Warriors 4-4:45			
	Reformer 4:15-5:15	Ballet Ages 3-7 4:15-5	PC Yoga 4:15-5	Ballet Ages 3-7 4:15-5			
5	Youth Taekwondo Ages 7-12 5-5:45	Youth Fencing Ages 8-13 5-5:45	Youth Taekwondo Ages 7-12 5-5:45	Youth Fencing Ages 8-13 5-5:45			
	Yoga 5:30-6:15	Irish Step Ages 5-8 5-5:45	Moving Muscle 5:45-6:30	Irish Step Ages 5-8 5-5:45			
6		Kickboxing 5:45-6:30	Budokon 5:45-6:30	Reformer 5:45-6:30			
		Reformer 6-6:45	Reformer 6:30-7:15	Kickboxing 5:45-6:30			
	Adult Taekwondo 6:30-7:30	Adult Fencing 6:30-7:30	Adult Taekwondo 6:30-7:30	Adult Fencing 6:30-7:30			
		Reformer 6:45-7:30	Grappling 7-8	Borai Thai 7:30-8:30			



## GENERAL INFORMATION

The summer session will begin Thursday, July 6th and end on Wednesday, August 30th. Your registration will allow you to attend 10 classes during this time frame.

All programs will be held at Warrior's Way, which is located at 53 Main Street in Maynard. Be sure to check out their entire summer schedule listed to the left and if you have any questions, please contact Warrior's Way at (978) 461-0008.



53 Main Street  
 Maynard  
 (978) 461-0008

# ADULT PROGRAMS

## FLAT ABS WITH PILATES & STRENGTH TRAINING

Boost your metabolism with this 60 minute class. You will learn a basic strength training program that anyone can do with hand-held weights. Also included is a core conditioning segment featuring Pilates matwork and some of the most effective moves for flat abs! Please bring weights and a mat for floor work.

**WHO:** Adults  
**DURATION:** 6-Weeks  
**WHERE:** FCC—Gym  
**COST:** \$72 per person/session



### MONDAYS AT 6:30-7:30 PM — ADVANCED

**DATES:** Jul. 10-Aug. 14

### WEDNESDAYS AT 7:30-8:30 PM — ALL LEVELS

**DATES:** Jul. 12-Aug. 16

*Instructed by Marie O'Malley*

## CARDIO KICKBOXING

In this 30 minute workout, you can try basic punches and kicks while burning mega calories! A great alternative for beginners looking to add something to your walking program.

**WHO:** Adults  
**DAY:** Wednesdays  
**TIME:** 7:00-7:30 PM  
**DATES:** Jul. 12-Aug. 16  
**DURATION:** 6-Weeks  
**WHERE:** FCC—GYM  
**COST:** \$36 per person



*Instructed by Marie O'Malley*

## AWESOME ABS & PILATES

Pilates is a total body workout blending core body strengthening, mental focus, breath control, postural alignment, and graceful precise movements and will focus on strengthening your "core" muscles, flexibility, and promote proper body alignment and good posture. Please bring a mat, hand towel, water, and a set of hand weights.

**WHO:** Adults  
**WHERE:** FCC—Room 2



### MONDAYS AT 7:00-8:00 AM

**DATES:** Jun. 26-Aug. 14 (no class 7/3)

**DURATION:** 7-Weeks

**COST:** \$84 per person

### TUESDAYS AT 6:45-7:45 PM

**DATES:** Jun. 27-Aug. 15 (no class 7/4)

**DURATION:** 7-Weeks

**COST:** \$84 per person

### WEDNESDAYS AT 7:00-8:00 AM

**DATES:** Jun. 28-Aug. 16

**DURATION:** 8-Weeks

**COST:** \$96 per person

### THURSDAYS AT 6:45-7:45 PM

**DATES:** Jul. 20-Aug. 17

**DURATION:** 5-Weeks

**COST:** \$60 per person

*Instructed by Sarah Hyland, Training through PhysicalMind and STOTT*

## SVAROOPA YOGA

Join us to relax and feel good! Relieve stress to handle life's challenges, feel energized and rejuvenated, bring calm into your life! Svaroopa® style of Hatha Yoga focuses on releasing deep tensions in your spine and building body awareness for good health. We begin and end lying in relaxation pose. Participants should bring 3 fluffy blankets (also for sale by instructor) and wear layers of loose, comfortable clothing.

**WHO:** Adults **DAY:** Mondays  
**TIME:** 7:00-8:15 PM (beginners and continuing)  
**DATES:** Jul. 10-Aug. 21  
**DURATION:** 7-Weeks  
**WHERE:** FCC—Room 2  
**COST:** \$84 per person



*Instructed by Marjorie Crockett, Registered Yoga Teacher, Certified Svaroopa® Yoga Teacher*

## PILATES

Build core strength and improve flexibility based on the principles of Joseph Pilates.

**WHO:** Adults **DAY:** Thursdays  
**TIME:** 5:30-6:30 PM  
**DATES:** Jun. 29-Aug. 17 (no class 8/3)  
**DURATION:** 7-Weeks **WHERE:** FCC—Room 2  
**COST:** \$66 per person



*Instructed by Jill Falvey*

## PROGRAM IDEAS

If you have a special talent and are interested in offering a program, please give us a call:

**978-443-1092 ext. 256**





# ADULT PROGRAMS

## ADULT AEROBIC BOOT CAMP

Get ready to be super-toned this summer! No matter what your fitness level, this class will get you burning fat and toning up your whole body.

Expect some running, jumping jacks, push-ups, light weight-training and abs with good stretching sessions before and after. You will be amazed at your body by the end of the summer! Please bring a water bottle, mat, and towel.

**WHO:** Ages 14-Adults  
**DAYS:** Mondays, Wednesdays, and Fridays  
**TIME:** 6:00-7:00 AM  
**SESSION I:** Jun. 26-Jul. 21  
**SESSION II:** Jul. 24-Aug. 18  
**DURATION:** 4-Weeks **(12-Classes)**  
**WHERE:** FCC—Gym  
**COST:** \$144 per person/session



*Instructed by Heather Hilton*

## TEAM INSPIRATION

Whether you are a casual runner or a competitive athlete, the instructor will take you from your current running condition and help you improve so that you are ready to compete. All participants will run a 5K or 10K in August to achieve a goal time. The instructor is a cross country and spring track coach at Cardinal Spellman High School. Please wear good running sneakers and bring water or Gatorade/Powerade.

**WHO:** Ages 14-Adults  
**DAYS:** Mondays, Wednesdays, and Fridays  
**TIME:** 7:15-8:15 AM  
**DATES:** Jun. 26-Aug. 18  
**DURATION:** 8-Weeks **(24-Classes)**  
**WHERE:** FCC—Outside & Gym  
**COST:** \$288 per person



*Instructed by Heather Hilton*

## ADULT BEGINNING GOLF LESSONS

Here is your chance to learn the fundamentals of golf. This course will teach basic skills including grip, stance, proper swing, addressing the ball, and general rules and etiquette.

**WHO:** Adults  
**DAY:** Tuesdays  
**SESSION I:** 5:00-6:00 PM  
**SESSION II:** 6:00-7:00 PM  
**DATES:** Jun. 27-Aug. 8 (no class 7/4)  
**DURATION:** 6-Weeks  
**WHERE:** Wayland Country Club  
**COST:** \$100 per person/session



*Instructed by Wayland Country Club Golf Pros*

## ADULT INSTANT TENNIS CAMP

Learn to play tennis... fast! If you are new to the game or want to pick tennis back up, the Instant Tennis program is for you. This will be a great learning environment and the pros from The Longfellow Club will improve your game with instruction and games. Please bring a tennis racket and water bottle with you.

**WHO:** Adults  
**DAYS:** Monday-Friday  
**TIME:** 6:00-8:00 PM  
**SESSION I:** Jul. 10-14  
**SESSION II:** Aug. 14-18  
**SESSION III:** Aug. 21-25  
**DURATION:** 1-Week  
**WHERE:** Featherland Park Tennis Courts  
**COST:** \$170 per person/session



*Instructed by Longfellow Tennis Pros*



Don't let **LOW ENROLLMENT** ruin your program! Don't procrastinate,

**SIGN-UP NOW!!**

## NIA EXERCISE & WELLNESS

NIA is exercise and dance with global music, martial arts, expressive movement, fitness-style creative modern dance, and mind and body principles. Join in on the newest, easy-to-follow exercise to music (no right or wrong way to move) and explore your movement range. NIA is a non-impact exercise that is creative and fun.

**WHO:** Adults  
**TIME:** 5:30-6:30 PM  
**DURATION:** 5-Weeks  
**COST:** \$66 per person

**DAY:** Mondays  
**DATES:** Jun. 26-Jul. 31 (no class 7/3)  
**WHERE:** FCC—Gym

*Instructed by Lisa von Lichtenberg*



# ADULT PROGRAMS

## INTRODUCTION TO KAYAKING

This course is designed for beginners interested in recreational kayaking on calm waters, ponds and lakes. We will cover equipment, safety, strokes, maneuvers, and demonstrate wet-exits and self-rescue techniques. The class is hands-on and with a lot of time spent on the water demonstrating and practicing the skills discussed during the class.

**WHO:** Ages 15-Adults  
**DATE:** Saturday, July 8th  
**TIME:** 12:00-6:00 PM  
**WHERE:** Lake Cochituate, Wayland  
**COST:** \$84 per person



*Instructed by Still River Outfitters*

## INTRODUCTION TO ROCK CLIMBING & BELAY

Let our qualified instructors introduce you to the exciting sport of climbing. You'll learn about safety considerations, equipment, technique, ethics, and how to belay and spot your partner. You'll have plenty of time to practice your skills and begin to develop safe climbing habits.

**WHO:** Ages 15-Adults  
**DAY:** Thursdays  
**TIME:** 6:30-9:30 PM  
**DATES:** Jun. 15-22  
**DURATION:** 2-Weeks  
**WHERE:** Gravity Rock Gym, Stow  
**COST:** \$90 per person



*Instructed by Still River Outfitters*

## DIGITAL PHOTO WORKSHOP FOR ADULTS

This workshop will advance your know how and skills in taking photos that wow through attention to composition, lighting, & camera technique. Explore how to get as near perfect compositions and exposures in the camera. Then, learn basic editing techniques to correct the inevitable flaws. Finally, learn how to make quality prints online. All this while taking pictures in and out of class.

**WHO:** Adults  
**DAYS:** Monday-Thursday  
**TIME:** 7:00-8:45 PM  
**DATES:** Jun. 26-29  
**DURATION:** 1-Week  
**WHERE:** FCC—Room 1  
**COST:** \$123 per person



*Instructed by Stan Klein, professional photographer*

## NOVICE WHITEWATER KAYAKING LESSON & RIVER RUN

This introductory course will teach you the basic strokes, maneuvers, and safety considerations necessary to understand the exciting sport of white-water kayaking. One of our ACA certified instructors will guide you through the learning process in a fun and supportive environment; we'll start on calm water and end with a River Run where you will practice your new skills alongside your instructor. Your day will end with a better appreciation for what you can accomplish. Directions will be sent upon registration; please include a current email address at which we may contact you.

**WHO:** Ages 15-Adults  
**DATE:** Monday, August 14th  
**TIME:** 10:00 AM-4:00 PM  
**WHERE:** Quinnehtukqut Outdoor Center, Windsor, VT  
**COST:** \$114 per person



*Instructed by Still River Outfitters*

## DRAWING & PAINTING WORKSHOPS

**WHO:** Teens and Adults  
**DAYS:** Fridays, Saturdays, or Sundays  
**TIME:** 9:00 AM—1:00 PM  
**DURATION:** 4-Hour Workshop  
**WHERE:** Artspace, 63 Summer St. in Maynard  
**COST:** \$80 per person/class

### BEGINNING/INTERMEDIATE DRAWING

**DATES:** Jun. 24, Jun. 30, or Jul 1.

### BEGINNING/INTERMEDIATE OIL PAINTING

**DATES:** Jul. 7, Jul. 8, Jul. 14, or Jul. 21

### OUTDOOR LANDSCAPE PAINTING

**DATES:** Jul. 28, Jul. 29, Aug. 4, Aug. 11, Sept. 9, or Sept. 10



*Instructed by Michelle Garro*

## JULY ART CLASSES

**WHO:** Teens and Adults  
**DAY:** Mondays  
**TIME:** 6:00-8:00 PM  
**DATES:** Jul. 3, Jul. 10, Jul. 17, Jul. 24, & Jul. 31  
**DURATION:** 1-Class  
**WHERE:** Artspace, 63 Summer St. in Maynard  
**COST:** \$30 per person/class



*Instructed by Michelle Garro*

# ADULT PROGRAMS

## JAZZERCISE®

Jazzercise is the world's largest dance-fitness program. You won't just be exercising to background music, you'll dance to the latest music and while you are having fun, you'll be getting a great workout!

You will be challenged, NOT intimidated. Jazzercise blends aerobics, yoga, Pilates, and kickboxing movements into fun dance routines set to fresh new music. And our choreography is exciting, fun, funky, jazzy, and always a surprise as we mix the new with the familiar to bring energy to each class.

All fitness levels welcome! Come try **ONE WEEK OF JAZZERCISE FOR FREE!!**

	Mon	Tues	Wed	Thurs	Fri	Sat
8:00 am	Jazzercise		Jazzercise		Jazzercise	Body Sculpt
9:00 am						Jazzercise
9:30 am						
6:30 pm		Jazzercise		Jazzercise		

**WHO:** Adults & 12+w/parent

**WHERE:** FCC-GYM

**WHEN:** Summer Schedule  
begins on June 26th

### ON-GOING ENROLLMENT

For additional information, contact  
Dawn Scharmer at (978) 758-9341  
or email [jazzydawn3@yahoo.com](mailto:jazzydawn3@yahoo.com).

# TRIPS & TICKETS



## SIX FLAGS NEW ENGLAND

If heart-pounding thrills and unlimited water spills are your speed, Six Flags New England and Hurricane Harbor is the place to be in 2005! Stop by the front desk for tickets and info.

**TICKETS ARE JUST \$32.00!**

## WATER COUNTRY

Enjoy New England's largest water park at a discounted rate! Stop by the front desk for tickets and information.



**TICKETS ARE JUST \$25.00!**



## AMC MOVIE TICKETS

The Atkinson Pool is selling discount AMC Theatre tickets.

**GOLD TICKETS: \$8.00**

**SILVER TICKETS: \$6.00**

\* You may purchase tickets at the Pool front desk.

## PARK & RECREATION TRIPS

We are offering some more getaways through Celebration Tours this summer and fall, including trips to **Nantucket** (June 17th), **NASCAR Racing in Loudon, NH** (July 16th), **Clambake on Cabbage Island, Maine** (August 27th), **Niagara Falls and a Red Sox/Blue Jays game** (September 21st-24th), **Conway Scenic Railroad** (September 30th), and a **5-Night New England/Canada Cruise on the Royal Caribbean's Jewel of the Seas** (October 21st-26th). Please visit our office or website for more information.

## MEN'S SUMMER OUTDOOR BASKETBALL

**WHO:** Adults

**DAY:** Mondays

**GAME TIMES:** 7:00 or 8:00 PM

**DATES:** Jun. 12-Aug. 14 (no games 7/3)

**DURATION:** 8-Games **WHERE:** FCC Basketball Courts

**COST:** \$65 for individuals or enter a full team for \$450\*

**To Register:** call BSSC (617) 789-4070 or [www.bssc.com](http://www.bssc.com)

\*Prices listed for Sudbury residents & BSSC members; all others, add \$25.



The FCC's Basketball Court Lights will be on until  
9:45pm on Monday and Wednesday  
nights during July and August.



## CO-ED ADULT SOCCER & SOFTBALL LEAGUES

Get out and play in a league run by Boston Ski & Sports Club. For more info, contact Mark at (617) 789-4070 x 222.

# PARK & REC. REGISTRATION FORM

Participant's First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: MALE / FEMALE Parent/Guardian's Name: \_\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_-\_\_\_\_\_ Work Phone: (\_\_\_\_) \_\_\_\_\_-\_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_-\_\_\_\_\_

E-Mail Address: \_\_\_\_\_

## PROGRAM INFORMATION

Program Name: \_\_\_\_\_ Session: \_\_\_\_\_ Time: \_\_\_\_\_ Start Date: \_\_\_\_\_ Cost: \$ \_\_\_\_\_

Program Name: \_\_\_\_\_ Session: \_\_\_\_\_ Time: \_\_\_\_\_ Start Date: \_\_\_\_\_ Cost: \$ \_\_\_\_\_

Program Name: \_\_\_\_\_ Session: \_\_\_\_\_ Time: \_\_\_\_\_ Start Date: \_\_\_\_\_ Cost: \$ \_\_\_\_\_

Program Name: \_\_\_\_\_ Session: \_\_\_\_\_ Time: \_\_\_\_\_ Start Date: \_\_\_\_\_ Cost: \$ \_\_\_\_\_

Program Name: \_\_\_\_\_ Session: \_\_\_\_\_ Time: \_\_\_\_\_ Start Date: \_\_\_\_\_ Cost: \$ \_\_\_\_\_

Program Name: \_\_\_\_\_ Session: \_\_\_\_\_ Time: \_\_\_\_\_ Start Date: \_\_\_\_\_ Cost: \$ \_\_\_\_\_

**TOTAL COST:** \$ \_\_\_\_\_

## METHODS OF PAYMENT: CHECK, CREDIT CARD, OR CASH

◇ Make check # \_\_\_\_\_, payable to TOWN OF SUDBURY

◇ Credit Card: VISA or MASTERCARD

Name on credit card: \_\_\_\_\_ Account #: \_\_\_\_\_

Expiration Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_

### PARENT/GUARDIAN MUST READ AND SIGN IF PARTICIPANT IS UNDER AGE 18:

"Please accept the above persons for this participation. I am aware of the risk inherent in this activity, and I hereby release the sponsors, Town of Sudbury, its employees, its agents, and its officers from responsibility for any and all associated losses, claim of loss, injury or damage resulting from participation in this activity. I have determined the nature and extent of the planned activities and feel that this participant is of sufficient age, ability, and discretion to participate. I agree that this participation will be at the discretion of the Park and Recreation Department. If any participant becomes a **DISCIPLINE PROBLEM, HE OR SHE WILL BE EXPELLED FROM THE PROGRAMS WITHOUT REFUND OF THE PROGRAM FEE.** Permission is hereby given for treatment of this participant by a medical doctor in the event of injury or illness during participation. Unless noted on this form, participant has no allergies or other problems which will interfere with normal participation. We do not discriminate on the basis of race, religion, color, sex, marital status, national origin or persons with disabilities. For cancellation or bad weather, please call Sudbury Park and Recreation Department at (978) 443-1092 ext. 500."

Does Participant have any special medical needs? \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**PLEASE MAIL OR BRING TO:  
SUDBURY PARK AND RECREATION  
40 FAIRBANK ROAD  
SUDBURY, MA 01776**

Date Received: \_\_\_\_/\_\_\_\_/\_\_\_\_ Res: \_\_\_\_ Non-Res. \_\_\_\_ Cash: \$ \_\_\_\_\_ Check: # \_\_\_\_\_ CC Auth.# \_\_\_\_\_ Amt:\$ \_\_\_\_\_ Int: \_\_\_\_\_ Entered in Sportsman: YES / NO

# ATKINSON POOL REGISTRATION FORM

Please complete the registration form, one for EACH CHILD/ADULT in EACH PROGRAM.

**Make check payable to ATKINSON POOL or include credit card information.**

**Mail or bring to: Atkinson Pool, ATTN. Program Registration, 40 Fairbank Rd. Sudbury, MA 01776**

## PARTICIPANT INFORMATION:

First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_ Last Name: \_\_\_\_\_ M/F

Street Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_-\_\_\_\_ Work Phone: (\_\_\_\_) \_\_\_\_-\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_-\_\_\_\_

Email Address: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

## EMERGENCY CONTACT INFORMATION:

Name: \_\_\_\_\_ Relation: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_-\_\_\_\_ Work Phone: (\_\_\_\_) \_\_\_\_-\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_-\_\_\_\_

## PAYMENT:

Circle method of payment: Check or Credit card (VISA or MASTERCARD)

*\*A \$25.00 service charge will be assessed for all returned checks.\**

Name on credit card: \_\_\_\_\_ Account #: \_\_\_\_\_

Signature: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Program Name (swim lesson level)	Session A , B, or C	Day	Time	Cost

*Please use multiple registration forms for multiple programs!*

## PARENT/GUARDIAN MUST READ AND SIGN IF PARTICIPANT IS UNDER AGE 18:

"Please accept the above person for this participation. I am aware of the risk inherent in this activity, and I hereby release the sponsors, Town of Sudbury, its employees, its agents, and its officers from the responsibility for any and all associated losses, claim of loss, injury or damage resulting from participation in this activity. I have determined the nature and extent of the planned activities and feel that this participant is of sufficient age, ability, and discretion to participate. I agree that this participation will be at the discretion of the Atkinson Pool/Park & Recreation Department.

If any participant becomes a DISCIPLINE PROBLEM, HE OR SHE WILL BE EXPELLED FROM THE PROGRAM WITHOUT REFUND OF THE PROGRAM FEE.

Permission is hereby given for treatment of this participant by a medical doctor in the event of injury or illness during participation. Unless noted on this form, participant has no allergies or other problems which will interfere with normal participation. We do not discriminate on the basis of race, religion, color, sex, marital status, national origin or persons with disabilities. For cancellation or bad weather, please call Atkinson Pool/Sudbury Park & Recreation Department at (978) 443-1058 x 500."

Does participant have any special medical needs? \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

## FOR OFFICE USE ONLY:

Date Received: \_\_\_\_/\_\_\_\_/\_\_\_\_ Member: \_\_\_\_\_ Non-Member: \_\_\_\_\_



# Atkinson Pool Daily and Membership Fees

**Full Year and Six Month Membership:** Entitles member to lap and family swim as well as a discount on aquatic programs.

**Monthly Membership (three month minimum):** This is a continuous membership plan with no expiration date. This membership entitles member to lap and family swim as well as a discount on aquatic programs. The monthly membership fee will be automatically charged to your credit card account on the 10th business day of each month. The monthly membership can be cancelled at any time after the original three month minimum.

**Lunchtime Membership (full year):** This membership is valid for swimming privileges only during the hours of 11:00 am to 3:00 pm, Monday through Friday.

**Swim Pass:** Adult and youth swim passes entitle the user to six swims for the price of five. The Family swim pass entitles the user to eighteen swims for the price of fifteen. All swim passes have a one year expiration date and may be shared.

**All memberships are non-refundable and begin the day of purchase.  
A \$30 membership processing fee is applied to all new memberships.**

Resident Fees	Daily	Swim Pass	Lunchtime	Monthly	6 Month	Yearly
Family	n/a	\$70	n/a	\$41	\$246	\$492
Adult	\$6	\$30	\$166	\$27	\$162	\$324
Youth	\$4	\$20	n/a	\$16	\$96	\$192
Senior	\$4	\$20	n/a	\$15	\$89	\$177
Couple	n/a	n/a	n/a	\$37	\$222	\$446

Non-Resident Fees	Daily	Swim Pass	Lunchtime	Monthly	6 Month	Yearly
Family	n/a	\$85	n/a	\$46	\$276	\$552
Adult	\$7	\$35	\$186	\$31	\$186	\$372
Youth	\$5	\$25	n/a	\$18	\$108	\$216
Senior	\$4	\$20	n/a	\$17	\$101	\$202
Couple	n/a	n/a	n/a	\$43	\$258	\$526

**Family:** Two adults and all children under 21

**Youth:** Ages 4-17

**Couple:** Two adults living at the same address

**Adult:** Anyone over 18 years of age

**Senior:** 60 years of age or older

# American Red Cross

## SWIM LEVEL DESCRIPTIONS

### PARENT & CHILD CLASS (8 months - 4 years old)

This is a water orientation for children & parents and introduces the following: Water adjustment, paddle use of arms and legs, front and back floats, breath control, and safety in and around the pool. This class helps to prepare the child for a more structured swim lesson environment.

**Level 1—Introduction to Water Skills** helps students feel comfortable in the water and to enjoy the water safely.

Must be at  
least 4 years  
old to begin  
Level 1 lesson.

**Skills to be taught:** Basic water safety rules, submerging mouth, nose and eyes. Opening eyes underwater and picking up submerged object. Swimming on front and back using arm and leg actions, discuss and demonstrate how to use a lifejacket. Exhaling underwater, bobbing, and floating on front and back. Recognizing a swimmer in distress and getting help.

**Level 2—Fundamental Aquatic Skills** gives students success with fundamental skills.

*\*Must be able to fully submerge face comfortably\**

**Skills to be taught:** Enter and exit water independently, submerge entire head, and blow bubbles with opened eyes independently. Floating on front with face in the water unsupported, float on back unsupported. Change direction of travel while paddling on front or back. Treading water, and discuss & demonstrate lifejacket use.

**Level 3—Stroke Development** builds on the skills in Level 2 by providing additional guided practice.

**Skills to be taught:** Jumping into deep water from the side, bobbing to safety, entering head first from the side in a sitting or kneeling position. Front and back glide, survival float, front gliding, crawl stroke, (rotary breathing, arms pulling, flutter kick), back gliding with and without kicking. Back crawl (arms pulling, flutter kick). Tread in deep water, using hand and leg movements. Butterfly kick and body motion. As well as diving rules, water safety rules, and life jacket safety.

**Level 4—Stroke Improvement** develops confidence in the strokes already learned and how to improve other aquatic skills.

**Skill to be taught:** Open turns on front and back with push off in streamline position. Refining front crawl stroke, back crawl stroke (while building on endurance), and butterfly (entire stroke). Introduction to the breaststroke, elementary backstroke, and sidestroke (kick only). Treading water using modified scissors, breaststroke or rotary kick and sculling arm motions. Diving from edge of pool (compact and stride), and feet first surface diving. Jumping into pool from a height wearing a lifejacket.

**Level 5—Stroke Refinement** provides further coordination and refinement of strokes.

**Skills to be taught:** Shallow water diving from the side of the pool, tuck and pike surface diving. Flip turns on front and back. Perfecting the front crawl, and back crawl. Refining the butterfly, breaststroke, elementary backstroke, and sidestroke. Survival swimming and a few basic rescue skills.

**Level 6 - Lifeguard Readiness** refines strokes and develops basic water safety skills.

**Skills to be taught:** Endurance swimming in the following strokes: front crawl, back crawl, butterfly, elementary backstroke, breaststroke & sidestroke. Refine open turns and flip turns for all strokes. Basic rescue skills: compact and stride jumps, pike, tuck, and feet-first surface dives, reaching and throwing assists, and introduction to back board use. (This is NOT a certification course)

## Summer Swim Lesson Schedule

<u>Session A</u>			
DAYS:	Tuesday-Thursday		
DATES:	July 5 - 13	Two classes the first week, and Three classes the second week	
		** NO Lessons on July 4 **	
CLASS:	Level 1	3:30 - 4:00 PM	
	Level 2	4:05 - 4:35 PM	
	Level 3	4:40 - 5:10 PM	
	Level 4	5:15 - 5:45 PM	
COST:	Members:	\$50	Non-members: \$75
Each class meets Tuesday through Thursday, for a total of 5 classes.			

<b><u>Session B</u></b>			
DAYS:	Tuesday-Thursday		
DATES:	July 18 - 27	<b>Three classes per week, two week session</b>	
CLASS:	Level 1	3:30 - 4:00 PM	
	Level 2	4:05 - 4:35 PM	
	Level 3	4:40 - 5:10 PM	
	Level 4	5:15 - 5:45 PM	
COST:	Members:	\$60	Non-members: \$90
Each class meets Tuesday through Thursday, for a total of 6 classes.			

## Session C

DAYS: Tuesday-Thursday

DATES: August 1 - 10      **Three classes per week, two week session**

CLASS:

Level 1	3:30 - 4:00 PM
Level 2	4:05 - 4:35 PM
Level 3	4:40 - 5:10 PM
Level 5	5:15 - 5:45 PM
Level 6	5:50 - 6:20 PM Lifeguard Readiness (this is <u>not</u> a certification course)

COST:      Members:      \$60      Non-members:      \$90

Each class meets Tuesday through Thursday, for a total of 6 classes.

**Summer Hours**

From **July 1st through September 5th** the Atkinson Pool will operate a summer hours schedule.

The summer hours for the pool will be:

<b>Monday &amp; Wednesday</b>	6:00 AM - 9:00 PM	<b>Tuesday &amp; Thursday</b>	6:00 AM - 8:00 PM
<b>Friday</b>	6:00 AM - 7:00 PM	<b>Saturday</b>	7:00 AM - 6:00 PM
		<b>Sunday</b>	7:00 AM - 4:00 PM

**\*\*\* The pool will be closing at 8:00 PM Tuesday & Thursdays during the summer \*\*\***

# YOUTH PROGRAMS

## YOUTH LAP SWIM

The Atkinson Pool is introducing a special time for Youth Lap Swimming (14 & under). During this time there will be a designated lap lane for youths that are looking to further their lap swimming skills.

**DAYS:** Tuesday and Thursday

**TIME:** 7:00 - 8:00 PM

**DATES:** July 5 - August 18

## PARENT & CHILD SWIM CLASS

This class is a water orientation for children and parents and introduces the following: paddle use of arms and legs, front and back floats, and safety in and around the pool. This class helps to prepare the child for a more structured swim lesson environment.

### Evening Session:

**DAYS:** Tuesday and Thursday

**TIME:** 6:00 - 6:30 PM

**DATES:** July 11, 13, 18, 20, 25, & 27

**COST:** Members \$60  
Non-Members \$ 90



## TINY TOT SWIM

Here's baby's chance to get in the pool with their favorite adult and have a great time splashing around and testing out the water.

**Lots of fun toys will be available!**

**WHO:** Ages 5 and under w/adult

**DAYS:** Saturday & Sunday

**TIME:** 11:15 AM-12:00 PM

**COST:** \$4 Non-Member child



## POOL R.A.T.S.

### Recreational Aids Teaching Swimming

If you're 12-14 years old and looking for something FUN, come join the POOL R.A.T.S. Learn basic water safety and how to work with children in the water by assisting in swim lessons.

**PLEASE bring lunch and extra towels!**

**DAYS:** Monday - Thursday

**TIME:** 8:30 AM - 1:30 PM

**DATES:** Session A July 10 - 20

Session B July 31 - Aug. 10

**COST:** \$55



## Check out our swim supplies!!!!

Classic Goggles	\$ 4
Vision Goggles	\$ 8
Silicone Cap	\$ 9
Latex Cap	\$ 4
Child Flotation Bubble	\$ 15
Adult Water Belt	\$ 20
Child Swim Diapers	\$ 15



## BIRTHDAY PARTIES

Having a birthday party?  
Host it at the Atkinson Pool!

**DAYS:** Saturday & Sunday

**TIME:** Starting at 12 Noon

**COST:** \$60 (for private room & use of pool)

Includes 10 children and adults

\*\*\* Each additional child is \$4, and adults are FREE \*\*\*



## Summer Hours

From **July 1st through September 5th** the Atkinson Pool will operate a summer hours schedule.

The summer hours for the pool will be:

**Monday & Wednesday** 6:00 AM - 9:00 PM      **Tuesday & Thursday** 6:00 AM - 8:00 PM

**Friday** 6:00 AM - 7:00 PM      **Saturday** 7:00 AM - 6:00 PM      **Sunday** 7:00 AM - 4:00 PM

\*\*\* The pool will be closing at **8:00 PM** Tuesday & Thursdays during the summer \*\*\*

**August 21 - September 4 the pool will be shut down for maintenance!!**

# ADULT PROGRAMS

## **DEEP WATER WORKOUT – Instructed by Peggy Mangan-Cross & GERALYN STRELLA**

Combination of deep water jogging and deep water interval work with the use of flotation and resistance equipment. Emphasis on upper and lower body strength and endurance training. A cardiovascular workout, set to music, that also includes muscle conditioning. Great for people who want a good workout, but are unable to do weight-bearing activity. They are both certified by the Aquatic Exercise Association.

## **AQUACISE – Instructed by GERALYN STRELLA**

Water aerobics set to music! In addition to a cardiovascular workout, each class includes muscle conditioning for all major muscle groups, and stretching for flexibility. Several options to increase or decrease the difficulty of the workout will be given for preference and ability.

## **WATER CARDIO – Instructed by Sarah Hyland**

Water cardio is a complete body workout designed to improve cardiovascular fitness, endurance, increase flexibility and range of motion. Regardless of your age or fitness level, working out in the water is fun and motivating. So dive in, the water is a great place to exercise!

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00-6:45 AM	Deep Water <i>Peggy</i>		Deep Water <i>Peggy</i>	Deep Water <i>Peggy</i>	
8:15-9:00 AM		Aquacise <i>Geralyn</i>		Aquacise <i>Geralyn</i>	
9:30-10:15 AM		Deep Water <i>Geralyn</i>		Deep Water <i>Geralyn</i>	
7:00-8:00 PM	Water Cardio <i>Sarah</i>		Water Cardio <i>Sarah</i>		

### **6:00 - 6:45 AM Deep Water Workout**

**DATES:** July 5 - August 17

**NO classes July 10 & 12**

**DURATION:** 18 classes

**COST:** Members/Seniors \$99  
Non-Members \$162

### **8:15 - 9:00 AM Aquacise Class**

**DATES:** July 11 - August 10

**DURATION:** 10 classes

**COST:** Members/Seniors \$55  
Non-Members \$90

### **9:30 - 10:15 AM Deep Water Workout**

**DATES:** July 11 - August 10

**DURATION:** 10 classes

**COST:** Members/Seniors \$55  
Non-Members \$90

### **7:00 - 8:00 PM Monday Water Cardio**

**DATES:** July 10 - August 14

**DURATION:** 6 classes

**COST:** Members/Seniors: \$33  
Non-Members: \$54



### **7:00 - 8:00 PM Wednesday Water Cardio**

**DATES:** July 19 - August 16

**DURATION:** 5 classes

**COST:** Members/Seniors: \$28  
Non-Members: \$45



# Atkinson Pool Schedule July - August

	Sunday Open 7 AM	Monday Open 6 AM	Tuesday Open 6 AM	Wednesday Open 6 AM	Thursday Open 6 AM	Friday Open 6 AM	Saturday Open 7 AM
6:00-7:00	CLOSED	8 Lap	8 Lap	8 Lap	8 Lap	8 Lap	CLOSED
7:00-8:00	8 Lap	8 Lap	8 Lap	8 Lap	8 Lap	8 Lap	8 Lap
8:00-9:00	8 Lap	8 Lap	5 Lap 3 Aquacise	8 Lap	5 Lap 3 Aquacise	8 Lap	8 Lap
9:00-10:00	8 Lap	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	8 Lap
10:00-11:00	8 Lap	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	8 Lap
11:00-12:00	6 Lap 2 Tiny Tot	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	6 Lap 2 Tiny Tot
12:00-1:00	6 Lap 2 Family	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	6 Lap 2 Family
1:00-2:00	6 Lap 2 Family	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	6 Lap 2 Family
2:00-3:00	6 Lap 2 Family	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	6 Lap 2 Family
3:00-4:00	6 Lap 2 Family	6 Lap 2 Family	4 Lap 2 Lesson 2 Family	4 Lap 2 Lesson 2 Family	4 Lap 2 Lesson 2 Family	6 Lap 2 Family	6 Lap 2 Family
4:00-5:00	CLOSED	6 Lap 2 Family	4 Lap 2 Lesson 2 Family	4 Lap 2 Lesson 2 Family	4 Lap 2 Lesson 2 Family	6 Lap 2 Family	6 Lap 2 Family
5:00-6:00		6 Lap 2 Family	4 Lap 2 Lesson 2 Family	4 Lap 2 Lesson 2 Family	4 Lap 2 Lesson 2 Family	6 Lap 2 Family	6 Lap 2 Family
6:00-7:00		6 Lap 2 Family	4 Lap 2 Lesson 2 Family	6 Lap 2 Family	4 Lap 2 Lesson 2 Family	6 Lap 2 Family	CLOSED
7:00-8:00		3 Lap 3 Exercise 2 Family	5 Lap 1 Youth Lap 2 Family	3 Lap 3 Exercise 2 Family	5 Lap 1 Youth Lap 2 Family	CLOSED	
8:00-9:00		6 Lap 2 Family	CLOSED	6 Lap 2 Family	CLOSED		
	Close 4:00 PM	Close 9:00 PM	Close 8:00 PM	Close 9:00 PM	Close 8:00 PM	Close 7:00 PM	Close 6:00 PM

*The Atkinson Pool will operate a summer hours schedule!!*

**Monday & Wednesday 6:00 - 9:00 PM    Tuesday & Thursday 6:00 AM - 8:00 PM    Friday 6:00 AM - 7:00 PM**  
**Saturday 7:00 AM - 6:00 PM    Sunday 7:00 AM - 4:00 PM**

**July 4th: Closed**

**August 21 - September 4: The pool will be shut down for maintenance.**